



T R E A D M I L L  
O W N E R ' S   M A N U A L



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## 1.0 IMPORTANT SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is the recommended that all users of Matrix Fitness Systems exercise equipment be informed of the following information prior to its use.

### PROPER USAGE

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment are used properly to avoid injury.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Unsupervised children must be kept away from this equipment.
- Do not wear dangling loose clothing while on equipment.

### CHECK FOR DAMAGED PARTS

- DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.
- MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement.
- MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired.
- Ensure that any person making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

### 1.1 IMPORTANT SAFETY INSTRUCTIONS

#### READ AND SAVE THESE INSTRUCTIONS

This Treadmill is intended for commercial use

To insure your safety and protect the equipment, read all instructions before operating the MATRIX treadmill.

When using an electrical product, basic precautions should always be followed, including the following:

**DANGER** To reduce the risk of electric shock:

Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

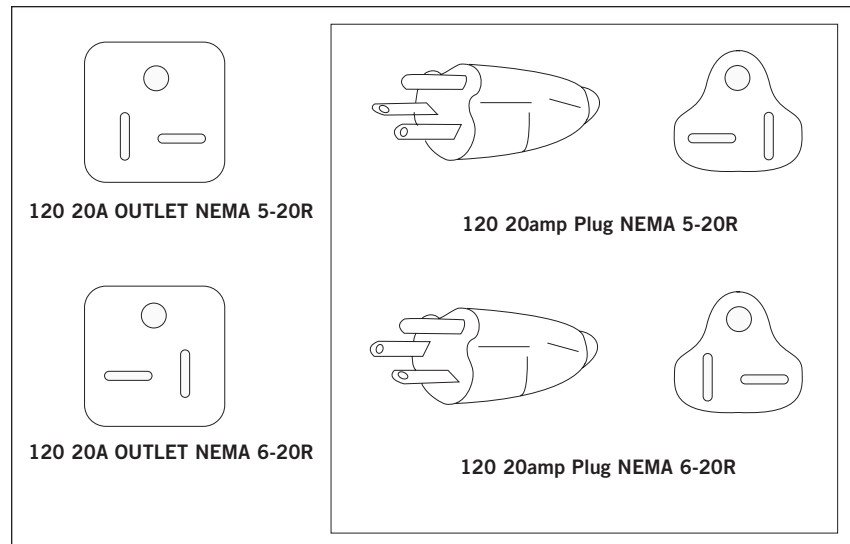
**WARNING** To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the Treadmill with the air opening blocked, Keep the air opening clean, free of lint, hair and the like.
- Never operate product if it has damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by supply cord or used cord as handle.
- Keep any power cord away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when Treadmill is used by or near children, invalids, or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this Treadmill to a properly grounded outlet only.

**CAUTION** If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

## 1.2 ELECTRICAL REQUIREMENTS

For your safety and treadmill performance, Matrix Fitness Systems' treadmill require a dedicated 20 amp circuit. The ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your Treadmill is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties of this product.



The above electrical requirements are only for the U.S. market.

## 1.3 GROUNDING INSTRUCTIONS

The Matrix T5x/T4x\* Treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user do not follow these Grounding Instructions, the user could void the Matrix limited warranty.

**DANGER** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if the user are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified technician.

## 120V UNITS DESIGNATED FOR U.S. MARKETS

The Matrix T5x Treadmill is for use on a nominal 120-volt circuit and has a non looped grounding plug. Make sure that the 110V treadmill is connected to an outlet, NEMA 5-20R, having the same configuration as the plug. No adapter should be used with this product.

## 220V UNITS DESIGNATED FOR U.S. MARKETS OR OTHER COUNTRIES

The Matrix T5x/T4x Treadmill is for use on a nominal 220-volt circuit and has a non looped grounding plug. Make sure that the 220V treadmill is connected to an outlet, NEMA 6-20R, having the same configuration as the plug. No adapter should be used with this product.

( \* ) MATRIX T4x IS ONLY FOR THE INTERNATIONAL MARKET.

## 2.0 SETTING UP THE TREADMILL

### 2.1 UNPACKING THE TREADMILL

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The MATRIX treadmill is inspected before it is packaged. It is shipped in two separate packages: the frame and the console. Carefully unpack the unit and dispose of the box material.

**CAUTION** This unit weighs 450 lbs / 204 kgs pounds. Be sure to have proper assistance to remove and move the unit, to avoid injury to the user and the unit.

### 2.2 CONTENTS

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#### Frame

1. Treadmill Base
2. Console Supports
3. Hardware Fasteners and Washer Bag

#### Console

1. Handle Bar Set
2. Console

If any items are missing please contact MATRIX FITNESS SYSTEMS customer service at 1-866-MXFITNESS. For the international market, please contact your local authorized dealers.

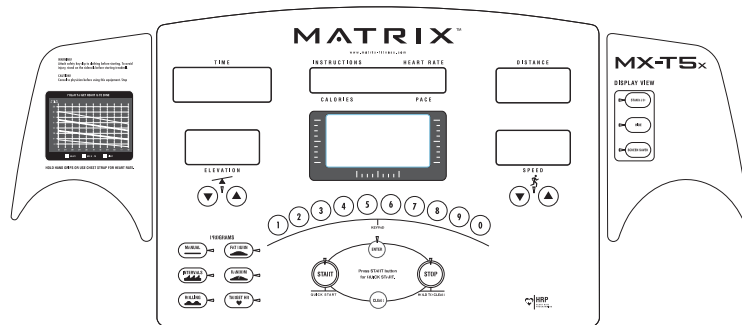
### 2.3 OPTIONAL EQUIPMENT

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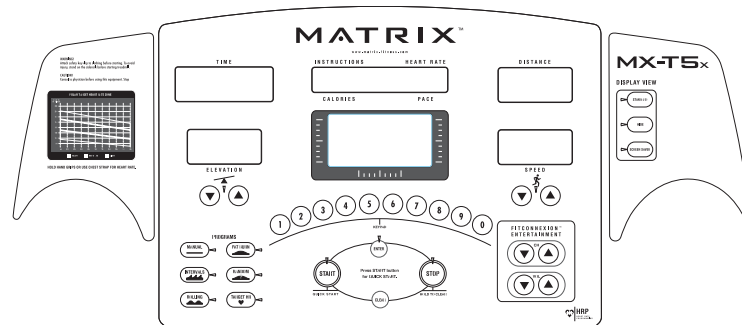
Optional equipment may be available for the users of MATRIX product. Please visit our web site at [www.matrixfitness.com](http://www.matrixfitness.com) for more information.

### 3.1 CONSOLE DESCRIPTION

#### U.S Market



#### International Markets



**PROGRAMS** Simple program view and selection buttons. Six programs to choose from.

**START/QUICK START** One touch Start and Quick Start

**ENTER** Quick entry of information and level selection.

**STOP/HOLD TO RESET** Stop/Pause and hold for 3 seconds to reset.

**CLEAR** Clears number keypad entry.

**NUMBER KEYPAD (T5x)** Allows quick information and level selection.

**UP/DOWN ELEVATION** Easy information and elevation selection.

**UP/DOWN SPEED** Easy information and speed selection.

**DISPLAY VIEW (T5x)** These three buttons allow the user to customize the way the unit's information and lights are displayed.

**\*ENTERTAINMENT (T5x)** Control the CHANNEL and VOLUME of your attached TV or entertainment system.

(\*) THIS SPECIFICATION IS ONLY FOR THE INTERNATIONAL MARKETS.

### 3.2 MANAGER CLUB SETTING

There are two levels of access to manager screens. The first level of access is obtained by holding the elevation down, speed up keys. This level only allows access to the Managers Screen.

### 3.3 MANAGER SCREEN DESCRIPTION

Manager screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted manager screens consist of the initial screen, the editing or action screen and the saving screen. The initial screen displays the variable type and in most cases the current value. Edit or actions screens are where the editing of the variable take place. The saving screen indicates the variable is being saved.

To access the Manager Settings press and hold the **ELEVATION DOWN** and **SPEED UP** buttons for three seconds.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to scroll through the different manager setting.

Press **ENTER** to edit the selected manager setting.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to set the variable.

Press **START** to save the selected variable.

**NOTE: SAVING** all appear in the 7 segment window when the variable is being saved to memory

## 3.0 OVERLAY DESCRIPTION AND CUSTOM SETTINGS

### 3.4 MANAGER SCREENS EXCEPTIONS/DETAILS

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Below is a list of functions for each manager setting. Exceptions will be noted in the description for each manager setting:

#### P0 MAXIMUM TIME (EDIT)

This variable controls the program maximum time.  
Active variable displayed in the time seven segment display.  
Numeric entry is active.

#### P1 DEFAULT TIME (EDIT)

This variable controls the default program time.  
Active variable displayed in the time seven segment display.  
Numeric entry is active.

#### P2 DEFAULT LEVEL (EDIT)

This variable controls the default program level (may be eliminated in final product).  
Active variable displayed in the time seven segment display.  
Numeric entry is active.

#### P3 DEFAULT AGE (EDIT)

This variable controls the default users age used in the goal heart rate calculations.  
Active variable displayed in the time seven segment display.  
Numeric entry is active.

#### P4 DEFAULT WEIGHT (EDIT)

This variable controls the default weight used in the calorie calculations.  
Active variable displayed in the time seven segment display.  
Sets to default on unit change.  
Displayed in native unites (kilogram or pounds)  
Numeric entry is active.

#### P5 ACCUMULATED DISTANCE

Active variable displayed in the time seven segment display.  
Accumulated distance is not editable, for display only.  
Displayed in native units (miles or kilometers).  
Holding the start key resets the accumulated distance.

#### P6 ACCUMULATED TIME

Active variable displayed in the time seven segment display.  
Accumulated time is not editable, for display only.  
Holding the start key resets the accumulated distance.

#### P7 SOFTWARE VERSION

Active variable displayed in the time seven segment display.  
Accumulated distance is not editable, for display only.

#### P8 START SPEED (EDIT)

Controls the starting speed for all programs (minimum speed not affected).  
Active variable displayed in the time seven segment display.  
Displayed in native units (miles per hour or kilometers per hour).  
Reverts to default value on unit change.  
Numeric entry is active.

#### P9 MAXIMUM SPEED (EDIT)

Controls the maximum speed for all programs.  
Active variable displayed in the time seven segment display.  
Displayed in native units (miles per hour or kilometers per hour).  
Reverts to default value on unit change.  
Numeric entry is active.

#### P10 DEFAULT CHANNEL (EDIT)

Controls the default channel for entertainment CSAFE compative devices.  
This variable is editable.  
Numeric entry is active.

#### P11 DEFAULT CHANNEL (EDIT)

Controls the default channel for entertainment CSAFE compative devices.  
This variable is editable.  
Numeric entry is active.

#### P12 SPEED MODE (EDIT)

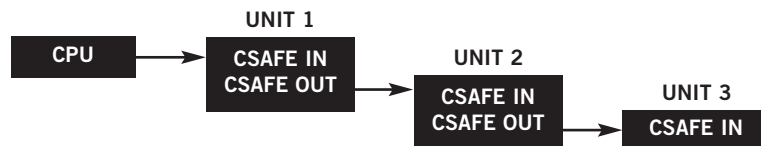
Changes from Standard (Miles) to Metric (Kilometers).  
Unit change will force unit dependent variables to revert to their default values.

VARIABLE	MINIMUM DEFAULT	FACTORY	MAXIMUM	STEP SIZE	UNITS
Maximum Time	5	20			
Default Time	5	20	95	5	minutes
Default Level	1	1	NV max time	5	minutes
Default Weight	80	150	20	1	
Default Age	15	30	400	5	pounds
Start Speed	0.5	1	100	1	years
Maximum Speed	2	12	2	0.1	mph
Machine Type	T4	T4	12	0.1	mph
IR On/Off	OFF	ON	T5	1	Unit
Default Channel	1	1	ON	1	Unit
Default Volume	1	16	30	1	
			30	1	

### 3.5 USING CSAFE

Matrix is the leader in entertainment availability. On the back of the console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

Use the csafe in to plug in an csafe device using the RJ45 connector csafe out allows csafe products to be daisy chained together from one unit to the next. The connection is as follows;





## 4.0 MAINTENANCE

### 4.1 RECOMMENDED CLEANING TIPS

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1. Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can surfaces.
2. Use a mild soap and damp cloth. DO NOT use ammonia based cleaner. This will cause discoloring of the aluminum and plastics it comes into contact with.
3. Do not pour water or cleaning solutions on any surface. This could cause electrocution. Wipe the console and side rails after every use.
4. Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
5. Be sure to remove any obstructions from the path of the elevation wheels including power cords.
6. Monthly, unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth or small vacuum nozzle. **WARNING** Do not plug the treadmill in until the motor cover has been reinstalled.

**CAUTION** This unit weighs 450 lbs / 204 kgs. Be sure to have proper assistance to install and move the unit in order to avoid injury to you or the unit.

### 4.2 DECK AND BELT REPLACEMENT

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One of the most common wear and tear items on a treadmill is the Deck and Belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with the most advanced maintenance free lubricating system on the market.

**WARNING** Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine.

Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches on both sides removing any dust or debris.

The deck can be flipped and reinstalled with a new only by an authorized service technician. Please contact Matrix Fitness Systems for more information.

### 4.3 ADJUSTING THE BELT

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After locating the treadmill in the position it will be used, the belt must be checked for proper tension and centering. The belt might need to be adjusted after the first two hours of use. Temperature, humidity, and use cause the belt to stretch at different rates. If the belt starts to slip when a user is on it, be sure to follow the directions below.

- STEP 1** Locate the two hex head bolts on the rear of the treadmill. The bolts are located at each end of the frame at the back of the treadmill. These bolts adjust the rear belt roller. Do not adjust until the treadmill is on. This will prevent over tightening of one side.
- STEP 2** The belt should have equal distance on either side between the frame. If the belt is touching one side, do not start the treadmill. Turn the bolts counter clockwise approximately one full turn on each side. Manually center the belt by pushing the belt from side to side. Tighten the bolts the same amount as when the user loosened them approximately one full turn. Inspect the belt for damage.
- STEP 3** While the treadmill is running at 3 mph, observe the belt position. If it is moving to the right, tighten the right bolt by turning it clockwise/turn, and loosen the left bolt/turn. If it is moving to the left, tighten the left bolt by turning it clockwise/turn and loosen the right/turn. Repeat Step 3 until the belt remains centered for several minutes.
- STEP 4** Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt it should not hesitate or slip. If this occurs, tighten the belt by turning both bolts clockwise/turn. Repeat if necessary.

## 5.1 INTRODUCTION TO THE PROGRAMS

The Matrix treadmill the user has selected comes with 6 preprogrammed workouts. Quick Start allows the user to get to the workout with the touch of one button. Manual allows the user to input the correct information for accurate calorie calculations and easy program switching on the fly. Intervals, Rolling, and Fat Burn use selected levels to challenge any user. Press Random for more program profiles. Target Heart Rate uses the inputted target heart rate to adjust for the duration of the workout and includes a 5 minute 2 level reduction cool down.

## 5.2 RUN TIME PROGRAM SCREENS DESCRIPTIONS

### STARTING 3.2.1 SCREEN

This screen is the countdown screen for starting a program.

**DOT MATRIX** Countdown text STARTING "3...2...1" is displayed in the dot matrix. A beep is produced for every change in count. The belt will start moving a few seconds after the "1" appears.

### RUN TIME SCREEN-MANUAL PROGRAM

This screen is the manual program running screen. The user controls all functions. There is an oval track set to the total time of the program. A distance motivational message will appear every \_mile and an amber dot will remain at that point of time on the track.

**DOT MATRIX** A manual track with the \_mile indicators. The spent time is displayed in green, the un-used in red and the current segment blinks in amber. Every \_mile the current mileage is displayed on the dot matrix and the segment that the \_mile change took place remains solid amber.

### RUN TIME SCREEN-LEVEL BASED PROGRAMS (INTERVAL, ROLLING INTERVAL, FAT BURN AND RANDOM)

Level based programs have similar functions except for the program in use. Level based programs take the number of LED's illuminated in a column of the current graphic and translate them to an elevation based upon current level. When changing between programs, the elevation will change to the current programs elevation after five seconds or when the segment changes, whichever is first.

**DOT MATRIX** Level based graphics consist of expired columns (green), current column (flashing amber), and pending columns (red). Each column height corresponds to a potential change in elevation depending upon the level setting.

## ALPHA NUMERIC

**NORMAL** Calories and Pace

**HR PRESENT** Calories and Current HR (HR symbol flashes in response to heart rate).

**LEVEL CHANGES** Temporary display of text "LEVEL XX" with XX being the current level.

## KEYS

**ELEVATION UP/DOWN** Increases/decreases level. Value displayed in the elevation window will change when change in level for given LED's displayed change the elevation.

**SPEED UP/DOWN KEYS** Increases/decreases speed.

**PROGRAM KEYS** Change to selected program (except HR), displays "reset for HR" message if HR key.

**STOP KEY (PRESSED)** Jumps to pause screen.

**ENTERTAINMENT KEYS** Entertainment key functions are active.

**NUMERIC ENTRY KEYS** Edits the current speed after a selection is made and enter is pressed.

## WARM-UP SCREEN (HEART RATE PROGRAM ONLY)

This screen operates as a manual program for the warm up period. Initial warm up will be 2 minutes and any pause in program will be 1 minute (or until heart rate is within 10 BPM of goal heart rate). During the warm-up the user will be prompted to increase the active variable (speed or elevation). If the active variable is greater than the maximum value set in the pre-program section the user will be prompted to increase the alternate variable. A prompt will indicate the user is approaching the target heart rate.

**DOT MATRIX** A manual track without the \_mile amber dot indicators.

## IMPORTANT MESSAGES

- Starting Warm up message at the beginning of the warm-up.
- Increase elevation or speed message depending upon the level of the active variable.
- Approaching Target Heart Rate message, as the heart rate stabilizes within 10 BPM of the target.
- Reset for programs message (change from heart rate to other programs not allowed using program keys).

## KEYS

**ELEVATION UP/DOWN** Increases/decreases current elevation

**SPEED UP/DOWN KEYS** Increases/decreases current speed

**STOP KEY (PRESSED)** Jumps to pause screen

**ENTERTAINMENT KEYS** Entertainment key functions are active

After warm up program ends (1 or 2 minutes see warm-up screen) changes to program run time screen.

## 5.0 USING THE PROGRAMS

### RUN TIME SCREEN - HEART RATE PROGRAMS

Heart rate program alters the "active variable" (either speed or elevation) in to maintain the goal heart rate. The active variable can be altered from its minimum value to the maximum value specified by the user during the pre-programs. If the active variable is at a limit and additional change to the workout is required the user is prompted to increase/decrease the alternate variable.

### IMPORTANT SAFETY FEATURES

Safety - When the user heart rate exceeds the target heart rate by the below values, the following prompts/actions will take place:

10 BPM - Warning in alpha numeric indicating active variable will be reduced (if above minimum) or alternate variable will be reduced.

12 BPM - Active variable (if above minimum) or alternate variable reduced by 30%.

15 BPM - Warning indicating heart rate over maximum and program will end.

20 BPM - Program ends.

**DOT MATRIX** A graphic displaying a heart with its position relative to the relationship between the measured heart rate vs. goal heart rate (goal heart rate in center of the screen in green). Two vertical bars indicated the lower and upper limits Heart graphic portions located between the upper and lower limit are green. Portions below the lower limit are illuminated amber and portions above are illuminated red.

### KEYS

**ELEVATION UP/DOWN** If active variable is elevation, jumps to HR manual screen, if active variable speed increased or decreases current elevation.

**SPEED UP/DOWN KEYS** If active variable is speed, jumps to HR manual screen, if active variable elevation, increases or decreases speed.

**PROGRAM KEYS** If pressed displays :reset for programs" this programs does not change on the fly.

**STOP KEY (PRESSED)** Jumps to pause screen.

**NUMERIC ENTRY KEYS** If elevation based program, edits speed (see numeric edit description), if speed based program sets inactive because the treadmill will control the speed.

### PAUSE SCREEN

The pause screen maintains existing accumulated variables (time, distance, calories, etc.) allowing the program to be restarted where it left off. Paused heart rate programs restart with a short warm up (1 minute). Speed is returned to the default value during a pause. Elevation is left at its current setting.

Treadmill will not restart until it comes to a complete stop.

### ALPHA NUMERIC

Displays message "Select Start to Resume".

### KEYS

**STOP KEY** (held, 3 seconds) Jumps to the safety startup screen.

**START KEY** Jumps to starting "3...2...1" screen for current program (restarts current program).

### AUTO ENTRY/TIME OUT

Cool down screen sets the elevation to the minimum and reduces the current speed to 30% of current value or 4 mph whichever is lower to the default start speed. Cool down effectively functions as a manual program and has a set time of 2 minutes. Calories and distance accumulated during the cool down screen.

### KEYS

**ELEVATION UP/DOWN** Increases/decreases current elevation.

**SPEED UP/DOWN KEYS** Increases/decreases current speed.

**STOP KEY (PRESSED)** Jumps to program end screen.

**NUMERIC ENTRY KEYS** Edits the current speed (see numeric edit description).

### PROGRAM END (PROGRAM REVIEW) SCREEN

The program end screen stops belt movement and returns elevation to zero at the end of a workout. During the program end screen workout totals are displayed allowing the user to review their workout.

### ALPHA NUMERIC

Displays message "WORKOUT COMPLETE END WORKOUT" followed by message "WORKOUT SUMMARY, PACE, DIST, CALS".

### SEVEN SEGMENTS

**TIME** Displays text "end".

**DISTANCE** Displays workout distance.

**ELEVATION** Displays elevation.

**SPEED** Displays speed

### KEYS

**STOP KEY (PRESSED)** Jumps to program end screen.

### AUTO ENTRY/TIME OUT

Timeout after 25 seconds jumps to the safety startup screen. Pressing any key will extend the timeout time.

### 6.1 MANUAL OPERATION

**MATRIX** design makes using the programs as easy as one touch of a button.  
**QUICK START** Start pedaling and press QUICK START to begin workout.

**MANUAL MODE** allows you to enter desired time, level and weight.

- STEP 1** Select MANUAL program button on left of panel.  
 Press Enter or wait 5 seconds.  
 Selecting START will start program.
- STEP 2** Select TIME by using the UP or DOWN arrow keys.  
 Press ENTER or wait 5 seconds.  
 Select START will start program.
- STEP 3** Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.  
 Press ENTER or Wait 5 seconds.  
 Select START will start program.
- STEP 4** Select Weight by using the UP or DOWN arrow keys.  
 Press START or ENTER to begin workout.  
 Display, TIME, Starting 3, Starting 2, Starting 1

### 6.2 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Treadmill offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN and RANDOM programs.

- STEP 1** Select the PROGRAM button on left of panel.  
 Press ENTER or wait 5 seconds.  
 Selecting START will start program.
- STEP 2** Select TIME by using the UP or DOWN arrow keys.  
 Press ENTER or wait 5 seconds.  
 Select START will start program.
- STEP 3** Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.  
 Press ENTER or Wait 5 seconds.  
 Select START will start program.

**STEP 4** Select Weight by using the UP or DOWN arrow keys.

**STEP 5** Press START or ENTER to begin workout.  
 Display, TIME, Starting 3, Starting 2, Starting 1

### 6.3 HEART RATE CONTROL

For your convenience, MATRIX FITNESS Treadmills come standard with digital contact heart rate sensors and telemetry compatible.

Locate the metal sensors on the handrail of the Treadmill. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate located in the lower left hand window marked HEART RATE.

Heart Rate Program

Follow these easy Steps to enter into the Heart Rate Program.

- STEP 1** Select the **TARGET HR** program button.
- STEP 2** Select **TIME** by using the **UP** or **DOWN** arrow keys. When finished press enter or wait 5 seconds.
- STEP 3** Select **AGE** by using the **UP** or **DOWN** arrow keys. When finished press enter or wait 5 seconds.
- STEP 4** Select **PERCENTAGE OF MAXIMUM HEART RATE** by using the up or down arrow. Percentage of maximum heart rate is determined by the following formula.  
 $(220 \text{ Beats Per Minute} - \text{Age}) \times \text{Selected percentage}$   
 Example  $(220 - 30) \times 65\% = 123 \text{ Beats Per Minute}$ .  
 Select from 50% - 80% in 5% increments.
- STEP 5** Select hr program type by using the up or down arrow keys select the active variable Speed or Elevation that will be used to control the users heart rate. Press enter or weight 5 seconds.
- STEP 6** Select **MAXIMUM SPEED/ELEVATION** by using the **UP** or **DOWN** arrow keys select the active variable Maximum Speed or Elevation that will be used to control the users heart rate.

### HEART RATE SAFETY PROTOCOLS

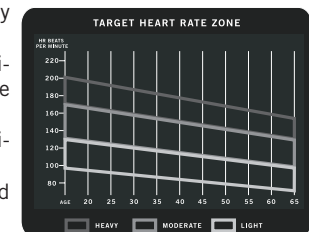
When the users heart rate exceeds the target heart rate by the values, the following prompts will take place:

**10BPM** Warning in alpha numeric indicating active variable will be reduced (if above min.) or alternate variable will be reduced.

**12BPM** Active variable (if above min.) or alternate variable, if active variable is at zero, reduced by 30%.

**15BPM** Warning indicating heart rate over maximum and program will end.

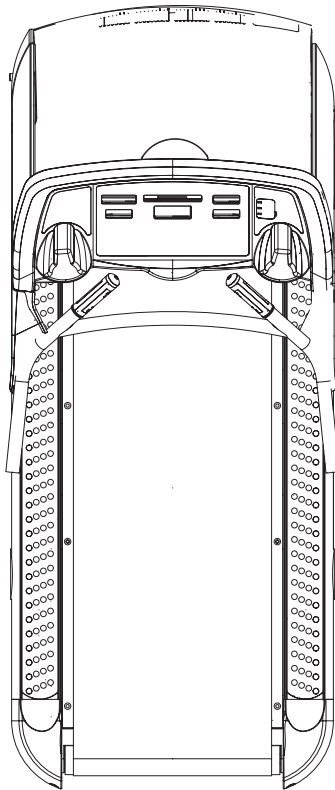
**20BPM** Program ends.



## 7.0 EQUIPMENT SPECIFICATIONS

### > TREADMILL

MX-T5x / T4x



#### SPECIFICATIONS

Product Name	T5x / T4x
Foot Print	inches = 85" x 35" x 62" cm = 215.9 x 88.7 x 157.5
Weight	450 lbs 204 kg
Max User Weight	400 lbs = 181 kg
Belt Type	Habisat
Frame Construction	Aluminum/Steel
Running Area	22" x 60"
Incline Range	15%
Speed Min.	0.5
Speed Max.	12
Motor Type	AC
Motor Size	3hp 4pole
Controller Cooling Fan	Yes
Electrical Receptacle	110 NEMA 5-20R
Electrical Plug	110 NEMA 5-20P
Electrical Receptacle	220 NEMA 6-20R
Electrical Plug	220 NEMA 6-20P
Electrical Amps	110v 20 Amps
Electrical Amps	220v 20 Amps
Deck	1" Reversible
Wax	No Maintenance

#### HEART RATE

Telemetry	Yes
Contact Heart Rate	Yes

#### ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes
CSAFE Port	3

#### MANAGER MODE

Maximum Time	5-95
Default Time	5-95
Default Level	L1
Default Weight	60-400
Accumulated Distance	
Accumulated Time	
Start Speed	.5-2.0

#### VARIABLE COMPRESSION TECHNOLOGY

Absorber	Rubber Dampeners
Number of Cushions	8
Cushion = Stride Impact	Yes

#### SAFETY

Shut off w/Tether	Yes
Large Safety Stop	Yes

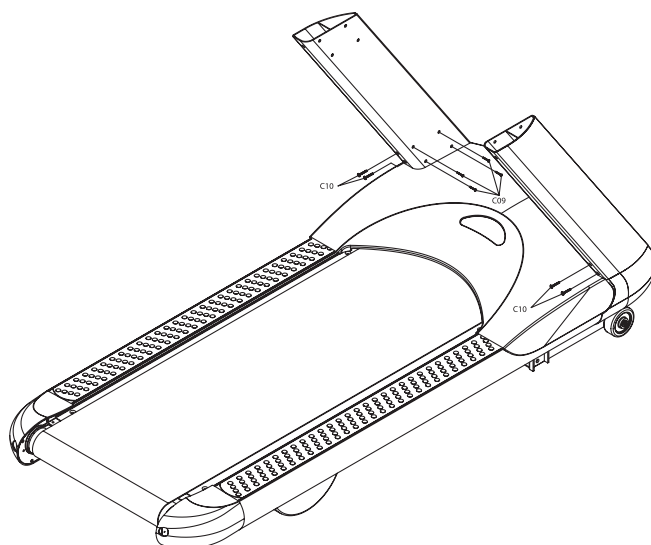
#### PROGRAMS

Number Key Pad	Yes
One Button Quick Start	Yes
Ramdom (20 profile)	Yes
Target Heart Rate	Yes
Fat Burn	Yes
Intervals	Yes
Rolling	Yes

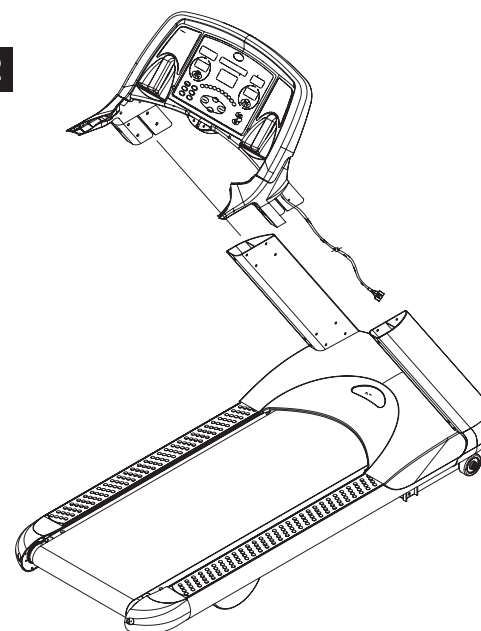
## 8.1) TREADMILL FASTENERS & ASSEMBLY TOOLS

MX-T5x / T4x

### STEP 1



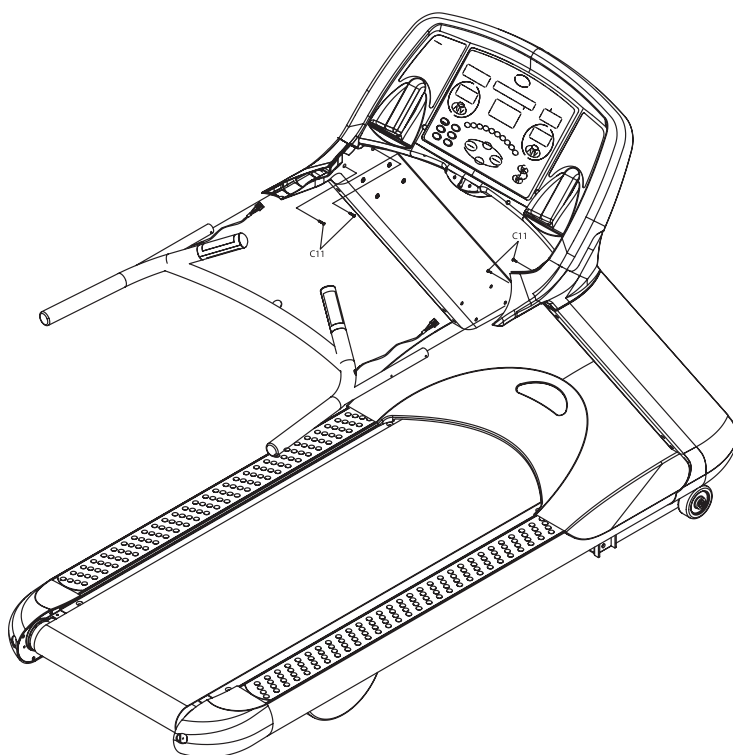
### STEP 2



NO.	SKETCH	DESCRIPTION	Q'TY
C09		FLAT HEAD BOLT (M8x25L)	8
C10		FLAT HEAD BOLT (M8x20L)	14
C11		BUTTON HEAD SCREW (M5x20L)	4
Z08		PHILLIPS DRIVER (4.5x50mm)	1
Z09		ALLEN WRENCH ( #8x168L)	1
Z10		ALLEN WRENCH ( #5x172L)	1
Z12		5mm ALLEN WRENCH	1

## 8.0 ASSEMBLY

### STEP 3



### STEP 4

